



Aquatics Team Opportunities

Scottsdale Aquatic Club

A United States Swimming Team

The City sponsored Scottsdale Aquatic Club is a year-round competitive swimming team. The team offers competitive swimming instruction and competitions for swimmers of all ages. Workout times and fees vary according to group. This program is available only at Cactus pool. For more info call (480) 951-5368 or visit scottsdale swim.com

Clavadistas Del Sol

A United States Diving Team

The City sponsored Clavadistas Del Sol is a year-round competitive diving program, open to divers of all abilities and ages. Both developmental and Master's diving is available. Workout times and fees vary according to group. This program is available only at Cactus pool. For more info call (480) 312-7665 or visit www.cdsdiving.org

Scottsdale Synchro Assoc.

A United States Synchronized Swimming Program

The City-sponsored competitive synchronized swimming team is open to swimmers ages 8 and up. Recreational/Beginner Program Year Round Program that swimmers can join any time. Practice is on Mondays from 4:45 PM -6:30 PM at Eldorado Aquatics Center. Swimmers will participate in a water show and progress through synchronized swimming levels and learn figures. They may later transfer to our competitive club. This is a great opportunity to become wonderful athletes, learn team skills, make new friends, and have a lot of fun. For Details or to register call our club representative Leigh McDaniel at (480) 661-9466 or visit www.scottsdlesynchro.us.

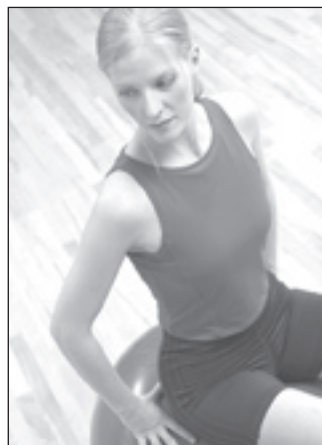
Age Group Program

Year Round Program but swimmers are encouraged to join at the start of the season in August. The age group team practices 3 - 4 times per week and attends meets throughout the year. Our team has consistently placed in the US Nationals competition. These swimmers are devoted athletes with great team spirit and sportsmanship.

■ Cactus Aquatic and Fitness Center

This facility offers strength training, general conditioning, athletic training, toning and much more!

Do you need help developing a fitness program that is specific to your needs? Staff will work with you to develop your own personal fitness program. All participants are required to wear closed toed shoes and bring a towel to work out. Participants must be 18 years of age or older to participate. A signed waiver, (parent or guardian) is required for youth, ages 16 and 17 years of age. 14 and 15 years of age only allowed, when accompanied by an adult. NO ONE 13 and under is permitted in the Fitness Center at any time. For additional guidelines and/or rules, see front office staff.



CACTUS FITNESS CENTER HOURS

Monday – Friday: 6:00 a.m. – 8:00 p.m.

(10:00 a.m. – 3:00 p.m. are not staffed)

Saturday – Sunday: 10:00 a.m. – 6:00 p.m.

ENTRANCE FEES:

Resident \$2.00, Non-Resident \$3.00

PUNCH PASSES:

Resident Rate: 10 visits for \$20.00, 30 visits for \$60.00

Non-Resident Rate: 10 visits for \$30.00, 30 visits for \$90.00

Patrons must check-in one-hour prior to close, if they intend to exercise for the last hour of the day.

CACTUS AEROBIC CLASS FEES:

	Resident	Non-Resident
1-Hour Class Drop-in	\$3.00/class	\$4.50/class
1-Hour/10 Class Pass	\$30.00	\$45.00
1-Hour/30 Class Pass	\$90.00	\$135.00
1.5 Hour Class Drop-in	\$4.50/class	\$6.75/class
1.5 Hour/10 Class Pass	\$45.00	\$67.50
1.5 Hour/30 Class Pass	\$135.00	\$202.50

Call for class times (480) 312-7967.

■ McDowell Mtn Ranch Aquatic & Fitness Center

MCDOWELL MTN FITNESS CENTER HOURS

Monday – Friday: 6:00 a.m. – 8:00 p.m.

Saturday – Sunday: 10:00 a.m. – 6:00 p.m.

ENTRANCE FEES:

Resident \$2.00, Non-Resident \$3.00

PUNCH PASSES:

Resident Rate: 10 visits for \$20.00, 30 visits for \$60.00

Non-Resident Rate: 10 visits for \$30.00, 30 visits for \$90.00

Patrons must check-in one-hour prior to close, if they intend to exercise for the last hour of the day.



■ Eldorado Aquatic and Fitness Center

This facility offers a variety of cardio machines, weight machines and free weights for an all around workout! Participants must be 15 years of age to participate. A signed waiver by a parent or guardian is required for youth, ages 13 to 14 years of age. Under 13 years of age not allowed in the fitness center.

ELDORADO FITNESS CENTER HOURS

Monday - Friday: 6:00 a.m. - 8:00 p.m.

Saturday - Sunday: 1:00 p.m. - 5:00 p.m.

ENTRANCE FEES

Resident: \$2.00

Non-Resident: \$3.00

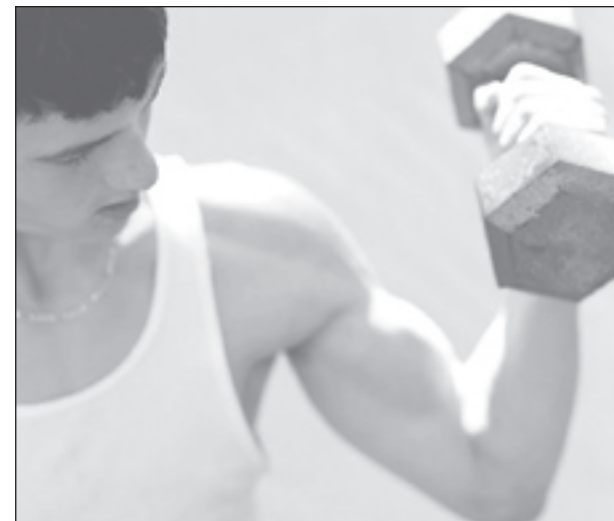
ADULT PUNCH PASSES

Resident Rate:

10 visits for \$20.00, 30 visits for \$60.00

Non-Resident Rate:

10 visits for \$30.00, 30 visits for \$90.00



Fitness Centers & Adult Sports

■ Adult Sports

League Registration Information

Please come to registration prepared with a team roster (players names, home addresses, day phones) and a league fee check payable to **The City of Scottsdale**. Registration will not be accepted without completed roster information and a check or money order for the correct amount. Failure to comply with any or all terms of registration will result in **team elimination!**

For more information call the sports office at 480-312-7936 or visit our web site at www.Scottsdaleaz.gov

FALL FLAG FOOTBALL

League Coordinator:

Tim Nisbet, 480-312-7936

Registration: Mon. & Tues., Aug. 14th & 15th, 4-7 p.m.

Location: Chaparral Park, Adult Sports Office, 5401 N. Hayden (Jackrabbit & Hayden)

Dates: Saturday's Sept. 9th thru Dec. 16th

Format: Round Robin League Play
Single Elimination Tournament

Fee: \$370/team

FALL 5 ON 5 BASKETBALL

League Coordinator:

Tim Nisbet, 480-312-7936

Registration: Mon. & Tues., Aug. 14th & 15th, 4-7 p.m.

Location: Chaparral Park, Adult Sports Office, 5401 N. Hayden (Jackrabbit & Hayden)

Dates: Mon. thru Thurs., Aug. 28th thru Oct. 20th

Format: 10 League Games/Single Elimination Tournament

Fee: \$385/Team

FALL SLOW PITCH SOFTBALL (MENS & COED)

League Coordinator:

Tim Nisbet, 480-312-7936

Registration: Mon. & Tues., Sept. 11th & 12th, 4-7 p.m.

Location: Chaparral Park, Adult Sports Office, 5401 N. Hayden (Jackrabbit & Hayden)

Dates: Mon. thru Fri., Oct. 2nd thru Dec. 16th

Format: 14 League Games/Single Elimination Tournament

Fee: \$475/Mens; \$390/Coed

Note: For all softball league registrants an additional \$20 A.S.A. fee is required for all non-ASA registered teams. Separate checks must be made payable to the Amateur Softball Association.

SOFTBALL LEAGUE REGISTRATION CODES

List up to four league numbers on your registration form as your order of preference for days, locations and skill levels. The Adult Sports office reserves the right to place your team in an alternate league based on registration or team ability. Due to our team-limiting policies your initial registration does not guarantee your entry into our league. Final league placement determinations will be made after open registration is complete.



Coed Leagues

Code	League Level	Day	Location
57765	Coed Super B	M	Chaparral
57766	Coed B National	T	Chaparral
57767	Coed B American	W	Chaparral
57768	Coed B Continental	Th	Chaparral
57769	Coed B American	T	Horizon
57770	Coed B National	Th	Horizon
57771	Coed Open B	F	Chaparral
57772	Coed C	F	Chap/Eldo

Men's Leagues

Code	League Level	Day	Location
57773	Men's B American	M	Horizon
57774	Men's B National	M	Horizon
57775	Men's Super B	T	Horizon
57776	Men's B United	W	Horizon
57777	Men's B Continental	W	Horizon
57778	Men's Super C	Th	Horizon
57779	Men's Open B	F	Horizon
57780	Men's Super B	M	Eldorado
57781	Men's B National	T	Eldorado
57782	Men's B American	W	Eldorado
57783	Men's B Continental	Th	Eldorado
57784	Men's Super C	M	Chap/Yavapai
57785	Men's C National	T	Chap/Yavapai
57786	Men's C American	W	Chap/Yavapai
57787	Men's C United	Th	Chap/Yavapai

CLUB SAR

480-312-2669

4415 N. Hayden Rd, Scottsdale, AZ 85251

Hours: Mon-Fri: 6am-9pm
Saturday: 12-5pm, Sunday: Closed

Club Sar is the City of Scottsdale's Parks and Recreation Division multi-sports instructional program offering classes in boxing, kickboxing, aerobics and circuit weight training. The gym includes a complete line of free weights, cardiovascular treadmills, bikes, stairclimbers, rowers, single station weight machines, and full court basketball.

Participants in the Club SAR facility must register on a yearly basis. Membership involves a \$75 registration fee for resident



adults and \$40 for resident youths under 18. Non-resident fees are \$105 for adults and \$55 for youths under 18.

AEROBICS CLASSES

Spinning	5:30 - 6pm	M - Th
Weight Orientation	5:30 - 6pm	Tu & Th
Kickboxing Cardio	6 - 7pm	M - Th
Boxing Cardio	6 - 7pm	M - Th
Boxing Instruction	4 - 5:30pm	M - F
Yoga & Jiu Jitsu	(Call SAR for information)	